

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 5: Proportion of California Adolescents Who Ate the Recommended Servings of Fruits and Vegetables

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Servings of Fruits and Vegetables, Percent of Adolescents				Met the Recommendations ¹ for Fruits and Vegetables, Percent of Adolescents
	0 ²	1-2	3-4	5+	
Total	9	20	27	44	35
Gender					
Males	9	19	25	47	28 ***
Females	10	20	29	41	
Ethnicity					
White	6	21	27	46	36 **
African American	19	21	18	42	
Latino	10	19	27	44	
Asian/Other	13	17	32	38	
Gender by Age					
 Males					
12-13	8	14	21	56	36 **
14-15	6	26	23	44	
16-17	11	18	30	41	
 Females					
12-13	7	17	27	49	49 *
14-15	15	20	26	39	
16-17	8	23	33	37	
Smoking Status					
Non-Smokers	9	20	27	44	34
Smokers	16	12	26	47	39
Physical Activity Status					
Regular	8	20	26	46	36 *
Irregular	12	19	31	38	
Overweight Status					
Not at Risk	8	20	28	45	36
At Risk/Overweight	10	21	25	44	31

¹ Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

² Categorized as having less than .5 servings of fruits and vegetables.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001